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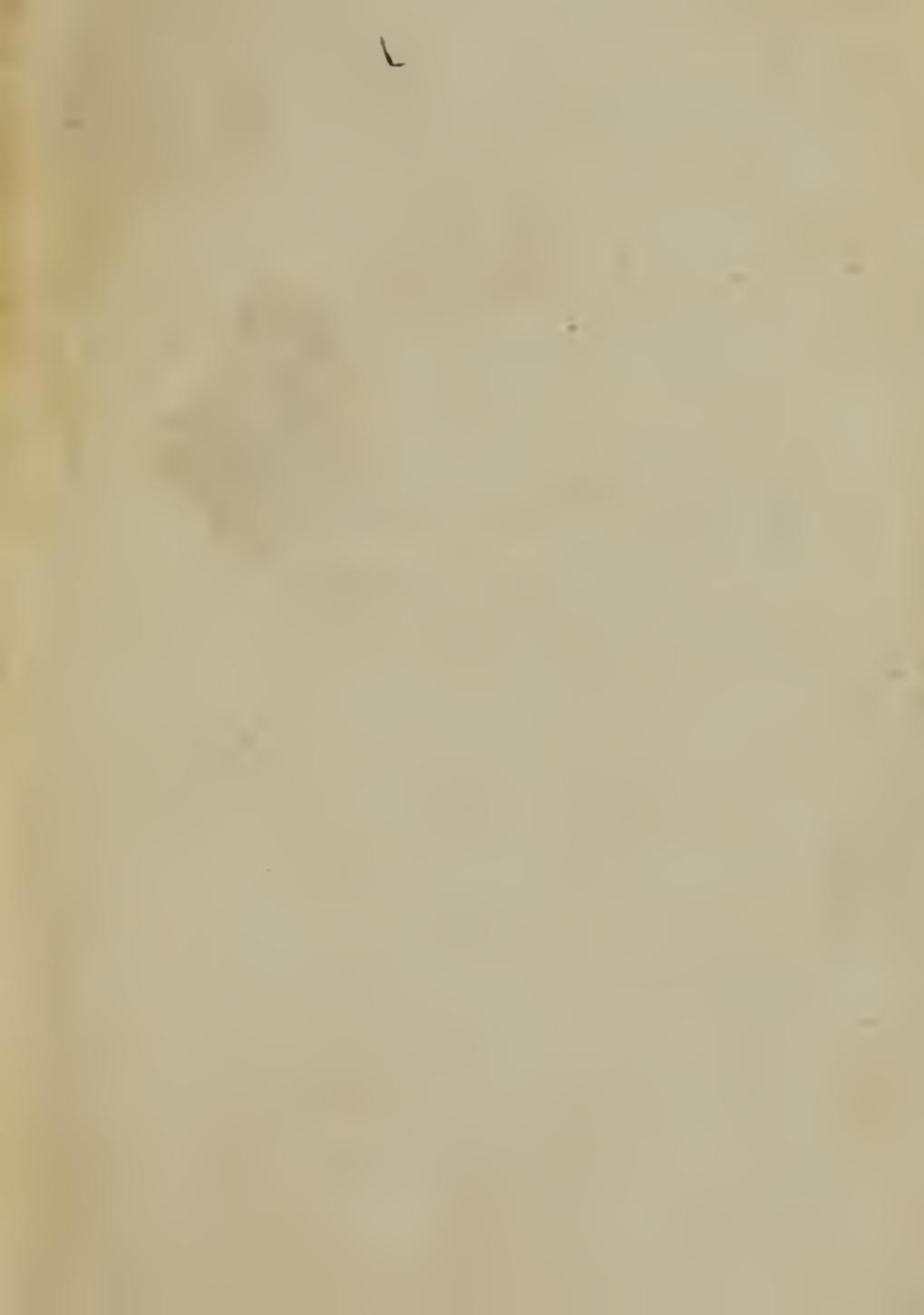
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Philander Lucas —

Nov. 1883 —



NATURE THE BEST PHYSICIAN.

A NEW METHOD
OF TREATING
FEMALE DISEASES,

WITHOUT THE USE OF
Injurious or Expensive Instruments,
ON A PRINCIPLE HITHERTO UNKNOWN

By SARAH HOWE.



104455.

1880.

PRESS STEAM BOOK AND JOB PRINTING HOUSE,
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By SARAH HOWE.

PREFACE.

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In view of the suffering of my sex, and knowing the great necessity of something being done for its alleviation, being one of the suffering ones for the space of twenty-five years, seeking for relief in all its modern improvements and getting only temporary relief in my great trouble, I have discovered a sure relief for all dislocations of the Uterine System; a way to return the different organs—each to its legitimate place—and affords prompt relief, and sure cure of all recent cases before they become chronic, and by conforming to certain rules and regulations they can be cured under all circumstances and conditions: except in cases of adhesion, and these can be greatly relieved, insomuch that a woman can keep on her feet and move about in comparative comfort.

This wonderful cure is so safe and simple and easy to perform, it comes within the reach of all. Every female should have this knowledge in her possession, both married and single; for the reason that she is liable to this trouble at all times of her life, as none are exempt. The fashions and customs of every day life make heavy demands on the female organization, in all the walks of life; both the poor and rich—the high and the low. Do not fail to give this most wonderful cure a careful examination, and avail yourselves of the only safe and easy remedy that was ever discovered by any mortal. It is a duty you owe to yourselves and humanity that you help this car of progress along. When you have this great Truth in your house you are safe from the greatest scourge that ever afflicted the human family. Do not stand back, but avail yourselves at once of this great safe guard.

SOME OF THE CAUSES OF UTERINE DISLOCATION.

They are numerous. In the young, they come of overburdening the young and tender frame while growing, and too heavy lifting. One young lady lifted a common washtub full of clothing and water; she fell down and was not able to rise again for the space of four years. A dislocation was produced in this case and it had to be reduced by the use of a pessary; by this she was enabled to walk but it did not cure her. Inward or outward supports leave the muscles weak where ever they bear, and by degrees they lose their contractile power, and the patient is made worse and soon the whole structure gives way.

Costive habits oftentimes cause it in the young and old, producing falling of the bowels and pressure upon the lower organs, throwing them out of their place, and they soon become sensitive, and in many cases the entire organization gives way and consumption ends the scene.

Fashions have a tendency to produce this disease. There should be no pressure from the shoulders down. The weight of the clothing should bear on the shoulders, leaving the chest and bowels free to expand by the simple act of breathing. The human frame is so constructed that all the organs, when in their legitimate places need no support of any kind, nor can they receive any without injury to the whole structure. With the falling of the vaginal walls, comes an undue pressure on the broad ligaments; they soon become relaxed, causing the womb to get out of place, pressing on rectum and bladder, at the same time causing intense agony, an acute inflammation oftentimes is produced, causing lowness of spirits, hysteria and a variety of symptoms that can be accounted for in no other way. This system of treatment will do away with all kinds of supports, outside or in, if followed up according to directions. All cases need but little medicine. The

Homeopathic treatment for the nerves, I have found the best. It steadies the nerves, and does not cause a habit of taking nervines.

Dislocation of the Uterine System often produces insanity where there is a sudden falling of these organs; three such cases have come under my observation and the Doctors called it hysteria; but as soon as those organs were replaced sanity returned, and the woman was herself again. This system of treatment places in the hands of the mother of a family, the means of relieving all her own household of this terrible scourge, without interference by any one.

The woman is a constant sufferer, and she becomes a reproach in the eyes of the sterner sex, and is often told she has hysteria by her Physician, as though she could help her self under such conditions as these when she is suffering untold misery.

She wants to get out of this state of being and she can by this system of treatment in the commencement of this trouble. She can be made whole in one month's time if she can have any chance. Baths and compresses are a great help, but she does not always have the means.

I have a liniment which acts as a powerful absorbent, which I would wish all to have; it is good to assist in all cases where an absorbant is necessary; such as tumors, local inflammation, to be applied with compresses, on any part affected diluted with rain water. I have no right to print a recipe of it, so whoever uses it will have to send to me for it.

TREATMENT.

The only safe, sure remedy for prolapsus of the bowels, womb, vagina and urinary organs: First, proceed to raise these organs to their legitimate places by placing the patient on an inclined plane on her knees, with head down the incline, the operator at the left side of the patient using the left hand to move the bowels upward towards the diaphragm by gentle wave like motions, this being done insert

the fore finger of the right hand into the vagina, pressing gently towards the rectum, sufficiently to produce an opening. The air will rush in with such force as to raise the organs into place. Place a soft cloth to hold the air in until the system absorbs it. Then use the soothing and healing washes while in that position; repeat once in twenty-four hours on retiring to bed and elasticity will soon return; between times use a small piece of cotton the size of a pea dipped in the soothing liniment, weakened until it can be borne with comfort; insert about two inches in the vagina; put in new twice a day. It must be kept clean, this causes a natural contraction of the vaginal walls. With proper medicine for the nerves, the cure can soon be affected, if no adhesion has been formed. The patient can do this for her self in a short time. This is a sure preventative of prolonged cases. Another way is to place the patient on her left side, insert the finger as before, press backward and upward toward the hip joint, let in the air, it relieves the heart and arteries, and gives great freedom to the whole organization.

Now ladies take right hold of this great redemption of your sex. No more going to physicians for such troubles. A great sense of delicacy planted in the female breast prevents her getting help when it would do her the most good, and she often waits until she is a confirmed invalid. Now give her the means to help herself; this will make her self-reliant.

TESTIMONIALS.

SUMNER COUNTY, KANSAS, March 20th, 1880.

This is to testify that I was afflicted with dislocation, commonly called female weakness. I was almost blind and unable to do anything for seven years. I sought in vain for relief, until I found this way of relieving myself. I am now able to do most of my family work. My eye sight has returned; for which I shall ever feel thankful.

MARY A. WRIGHT.

Mrs. L. D. Miller, after having been confined was unable to walk for three years. Was cured by this process, and is now able to work and enjoy life.

Mrs. Jacob Shawver, a distressing case of suffering was relieved and cured by this process.

Mrs. James Ross, after giving up all hope of living, was cured by this process and is now well.

Mrs. Henry Gilleland, very low, was cured by this process, is now well and able to do her work.

THE CRITICAL PERIOD OF WOMAN'S LIFE---THE TURN OF LIFE.

This much dreaded time may be passed without difficulty if she can have leisure and freedom from care, excitement and heavy labor which is not often the case in all the walks of life. But I will give her a few hints how she should manage. First she should have a quiet room by herself, that when tired and confused she can lie down and rest. She should have an inclined plane to rest on. This is done to take the pressure off her hips and kidneys. She should watch more closely the monthly changes, or the time when they have been accustomed to appear; and give herself rest if possible. This relaxation comes on for a long time after menstruation ceases, lasting the same length of time as the menstrual period. We should only care to give nature a chance to do her own work and she will do it without our interference every time and every where. If she gets overtasked, she must give herself rest as much as possible, use the air pressure and soothing washes and Homœopathic remedies for the nerves. I should recommend these in such cases for the reason they strengthen the nervous system and do not get us in a habit of taking morphine.

A LOTION FOR THE EYES.

1 part white vitrol,
2 parts sugar of lead,
4 parts loaf sugar,

Mix well and sifted. Then boil a fresh egg until hard. Open it through the center and remove the yolk. Fill each cavity with the mixture, shut them together tight, lay it in a thin strong cloth and press every drop out. Dilute with one teacup of rain water, put it in a glass bottle and cork tight. Dilute with soft water when used so that it can be borne with comfort. This is good for sore eyes. It will remove all granulations from the eye-lids and pre-

vent their forming on them. This is also the best wash for female weakness of any kind, where a wash is needed: it is worth its weight in pure gold.

A FRICTION BATH.

Equal parts of white mustard and fine table salt, well mixed used with a sponge over the entire surface of the whole body. This is good in all diseases, in fevers or inflammatory diseases, to be applied once in twenty-four hours.

A SOOTHING LINIMENT.

1 ounce chloroform,	
1 ounce laudanum,	}
2 ounces arnica,	
4 ounces alcohol.	

tincture.

This is good for a variety of ills that flesh is heir to, both external and internal. For neuralgia, rub on and take ten drops in sweetened water. For a flesh bruise, one teaspoonful in half cup of water put on with compress. For tooth-ache saturate a piece of cotton and apply it to the cavity. For colic pains, take one teaspoonful in half cup of sweetened water and one teaspoonful of good sweet oil, take one teaspoonful once in fifteen minutes until easy. This mixture is good for dysentery or diarrhea of any kind or cholera-morbus. Avoid eating or drinking anything for twelve hours. This is as near an instant cure of pain as can be made.

LINIMENT.

1 part oil of fire-weed,	
2 parts extract unicorn,	
3 parts extract golden seal,	
4 parts extract indigo root—Fluid extracts.	

Good for local inflammation of the bladder, rectum or vagina; reduce it until it can be borne with pleasure.

LIVER PILLS.

2 table-spoonfuls of lobelia seed pulverized,
 2 teaspoonfuls of lobelia herb,
 2 teaspoonfuls of mandrake,
 2 teaspoonfuls of cayenne,
 1 teaspoonful of blood root,
 4 table-spoonfuls of ginger.

Mix with beef-gall and extract of thoroughwort. Good for all bilious attacks, inflammatory rheumatism, fever, ague and jaundice. Dose, two pills every two hours until the symptoms abate. The beef-gall should be evaporated to the consistency of molases.

STOMACH AND RHEUMATIC PILLS.

1 teaspoonful lobelia seed pulverized,
 4 teaspoonfuls ginger,
 1-8 teaspoonful blue flag,
 1-8 teaspoonful blood root.

- Evaporate a beef gall to the consistancy of molases and mix and pill. Good for all inflammatory diseases, ague, quinsy and colds. Dose, two pills every two hours. These will cure sick headache.

CORDIAL FOR BOWEL COMPLAINTS.

1 teaspoonful powdered rhubarb,
 1-2 teaspoonful saleratus,
 1 teaspoonful peppermint essence,
 1 teaspoonful cinnamon bark,
 1-3 pint boiling water.

Steep a few minutes and sweeten well. Take a tablespoonful once an hour until it changes the color of the secretions, then take it from three to five times a day.

BILLIOUS PHYSIC.

2 oz. alexandria senna,
 1 oz. jalap,
 1-8 oz. cloves,
 1-16 oz. cayenne pepper or not,
 1-2 oz. peppermint herb, or not.

To be powdered fine and well mixed. Dose, common table-spoonful.

AN ALTERATIVE FOR THE LIVER.

1 table-spoonful yellow dock,
 1 table-spoonful spikenard, pulverized,
 1 table-spoonful best jalap,
 1 teaspoonful socotrine aloes.

All pulverized and mixed well together; add a little leptandrin. This is good to stop cancers, fever sores and erysipelas. Dose, what you could take upon the point of a pen knife, in the morning; fasting every morning for six days, eating lightly all the time.

WASH FOR SORES OR ERYSIPELAS.

1-2 oz. sulphuret of zinc,
 1-4 oz. sugar of lead,
 1 pt. strong solution of green tea.

Mix and let it stand.

TO PROMOTE THE SECRETIONS OF THE KIDNEYS.

Into a tea of the scouring rushes, put one tea-spoonful of the sweet spirits of nitre, also a tea of high bush cranberry is good.

LIVER DROPS.

1-4 lb. dandelion extract,
 1-4 lb. gentian extract,
 1-4 lb. boneset extract.

Dissolve in one pint of water, then add one quart of whiskey and one quart of beef's gall, then one-half pint tincture of blue flag, one-half pint tincture of blood root, four ounces essence of winter-green; mix it and it is ready for use. Dose, one teaspoonful one-half hour before meals, and a tablespoonful of the medicated salts on going to bed. Good for liver complaint and jaundice; also a great female regulator.

MEDICATED SALTS, THE COMPONENT PARTS OF THE GEYSON SPRING WATER, SARATOGA, N. Y.

- 1-2 lb. epsom salts,
- 1-2 lb. glauber salts,
- 1-4 lb. rochelle salts,
- 2 oz. alum.

Dissolve the above in one gallon of boiling water. Strain in a stone or glass jar. As you use it add a little sulphuric acid. This is good for constipation of the bowels. Use two table-spoonfuls in a half tumbler of water, upon going to bed. Repeat the dose every two hours in the morning, if necessary. This will strengthen the bowels, cure piles and is a safe and easy cathartic under all circumstances.

CURE FOR BURNS OR SORES.

Take the starch made from the Irish potato, one teaspoonful to three teaspoonfuls of thick sweet cream; cook it; then add ten drops of camphor for burns.

For ulcers, add ten drops of Pond's extract of hammenialis instead of the camphor. This is good for broken breast, to apply to the opening to keep it free from pain.

It is also one of the best dressings to apply to burns, ulcers or any sore; especially when there is much irritation, it is sure to ease and cure. It is

good when there is danger of lockjaw, its soothing power is so great.

To make the starch, pare the potatoes, grate and press the juice through a thin strong cloth. Rinse the pulp thoroughly. Settle and wash until the water is clear. When it is all settled pour off the water and let it dry; then it is fit for use. Spread on linen if you have it.

AN ALTERATIVE FOR CHILDREN.

For worms; also to relieve the pressure on the brain, caused by teething, and to make them good-natured. Good for croup. A simple and safe remedy.

Saffron one part; sage one part; catnip one part; magnesia one teaspoonful, steeped in two-thirds of a cup of hot water. Let it come to a boil. Strain and sweeten. Then add one teaspoonful of sweet oil. Take of lobelia herb, a small pinch; put it in a cup by itself; pour on it two table-spoonfuls of hot water; put in a cool place and when quite strong, add two teaspoonfuls of sweet oil and two of the lobelia tea, to the other mixture. Dose, one teaspoonful every half hour, until better; then once in two hours, until well.

A GREAT ANTISPASMODIC REMEDY.

Tincture of gum myrrh, one part; tincture lobelia herb, one part; honey one part. Mix and shake it well before using. For worms, add sweet oil. Good for fits of any kind; or where there is an eruption to come to the surface, as in small pox, scarlet fever or measles, give enough to keep the patient quiet. Dose, one teaspoonful every half hour until the patient is easy; then once in two hours. For fits, give every fifteen minutes until all spasmodic action ceases. Follow this up as often as there is any symptoms of fits. Reduce with water

so a child can take it easy. Put in one teaspoonful of sweet oil for children.

A SURE CURE FOR ANY KIND OF ITCH.

1 table-spoonful of allspice,
 1 table-spoonful of cloves,
 2 table-spoonfuls of salt,
 1-2 cup of lard,
 1-2 cup of sulphur.

Mix all together and let it stand where it will keep warm, for twenty-four hours. Then add sixty drops of cedar oil. Mix well, and apply to the parts affected, and about the joints.

COMPOSITION OF OILS FOR ERYSIPelas.

3 oz. oil origanum,
 2 oz. camphor gum.

Bathe the parts affected. To use internally, add one-half sweet oil. Dose, thirty drops.

ALTERATIVE SYRUP.

1-2 lb. of dandelion root.
 1-4 lb. of burdock root, (green)
 1-4 lb. of sarsaparilla,
 2 oz. of columbo root,
 2 oz. black cherry bark,
 2 oz. green ozier,
 1-2 oz. sassafras or wintergreen.

Steep twenty-four hours, but not boil. Sweeten with sugar and add enough gin to preserve it. It is a good restorative. Dose, one table-spoonful, one half hour before eating.

WASH FOR FEMALE WEAKNESS.

5 grains sulphate zinc,
 5 grains sugar lead,
 4 oz. rose water,

20 drops laudanum,
5 grains calomel,
1 pt. soft water.

Use a teaspoonful in a teacupful of soft water at night on going to bed, lying on an inclined plane.

A SURE CURE FOR TAPE, OR OTHER WORMS.

Take equal parts of garden rhue, hog tusk, brake root and garlick roots, steep in soft water, and sweeten with loaf sugar.

Dose, one table-spoonful four times a day.

A Sure Cure for Rupture.

One part red beach bark, one part white oak bark, a small piece of basswood bark; boil it two hours. Strain off the liquor and simmer down to a thick syrup, and dry it down to a hard gum. Apply to the parts affected, in the form of a plaster. When one plaster absorbs, or comes off, apply another. This is a sure cure for the young, and great relief to the aged.

A Very Excellent Salve.

Take equal parts of the leaves of green wheat, while young, and the leaves of sweet clover. Immerse them in sweet cream; simmer down gently to an oil and press out the oil. To be used on any kind of sores, chapped hands, sore lips etc.

A Good Absorbent Poltice.

Gather sumach leaves as soon as the fruit begins to appear after flowering. Dry them in the shade; put them in bags and hang them in a dry place. When used pulverize and sift through a sieve. Take the powder and boil it half an hour; then thicken with corn meal. Apply this to felons where they have been opened.

To cure, and prevent from gathering again, broken breasts, bruises, sprains, or painful sores and swellings.

A VERY EXCELLENT BURN SALVE.

1 part garden camomile,
1 part sweet elder, the inner bark,
1 part red beach, the inner bark,
1 part bitter sweet, bark of the root.

Put all together; steep in soft water. To one handful of each of the above, add one teacupful of fresh butter. Then simmer it down to an oil, being careful not to scorch. Press the oil from the herbs then add camphor the size of a hickory nut. Apply the salve to the burn when the fire is out, and it will heal without a scar. Good for all sores.

A GOOD ALTERATIVE.

For children, take the inside peeling of the gizzard of fowls wild; pigeon or prairie hen is the best. Take one third of one peeling in one-half cup of new milk. Let it stand and scald a while. One teaspoonful in what milk you would give a small child at one time. This mixture is good for all diarrheas, in teething or cholera-infantum. It will often produce changes that nothing else will.

HOMOEOPATHIC REMEDIES.

For the nerves take coffeea, ignacia, hyoscyamus, cimisifuga, gelsimum or china.

If there is a pressure upon nerve centers about the heart, causing weakness of the left side and palpitation, use cactus, senecia or phosphorus.

For loss of appetite ipecac, heper sulphur or arsenicum.

For pressure upon the kidneys or urinary organs, use apis mellifica or canabis. These may be had

from any Homœopathic Physician. The third dilution is the best.

For billiousness, use aconite, bryonia, or mix vomica, ten drops in one-half teacup of soft water; three kinds to be taken at one time half an hour apart; one kind each time until better; then lengthen the time to one hour between doses, until relief is obtained. At any time you feel any prostration from taking too much medicine, drop a few drops of camphor in water and take it. It will remove all unpleasant feelings.

A SURE CURE FOR ANY KIND OF ITCH.

1 table-spoonful allspice,
1 table-spoonful cloves,
2 table-spoonfuls salt,
1-2 cup good lard,
1-2 cup good sulphur.

Mix all together. Let it stand where it will keep warm, twenty-four hours; then add sixty drops of cedar oil. Mix well and apply to the parts affected and about the joints.

FOR INFLAMMATION OF THE BOWELS.

An injection that never fails to move the bowels. One-half teaspoonful soda, one-half teaspoonful salt, in one pint water, two teaspoonfuls sweet oil, two table-spoonfuls good healthy urine. This was never known to fail.

Sometimes there exists a sensitive condition of the stomach that it rejects all kinds of nutriment, and the patient is in danger of starvation; then they can be fed through the bowels, by means of injections. This is to be done when all action ceases, or when there is nothing in the bowels to move off. Take one-half teacup of corn meal, pour on it one pint of boiling water; let it settle; pour off the liquid; sweeten with good syrup, add a little salt

and soda; one table-spoonful of good sweet oil. To be given once in twenty-four hours for eight days, if the bowels do not move off of themselves. If they do not in that time, give the injection to make them move; give at the same time one tea-spoonful of gum arabic in a tumbler of soft water; one table-spoonful, one hour apart, if it is retained by the stomach.

A Sure Cure for Fluor Albus, or Whites.

Take egg-shells lightly browned and powdered fine. Dose, what will lay on the point of a penknife three times a day, half an hour before meals.

Formulæ for Using My Medicines for Treatment of Female Weakness.

The soothing liniment, diluted, is used for wetting the cotton.

The lotion, diluted, is used with syringe as a uterine wash, in case of granulations.

The absorbant liniment, is used with compresses as an outward application, in case of any local inflammation.





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